

You Can Quit; Freedom from Smoking® – American Lung Association  
**First District Health Unit**  
PO Box 1268  
Minot, ND 58702-1268  
701.852.1376

You Can Quit; Freedom from Smoking® – American Lung Association  
**C.A.R.E. Medical**  
1031 Seventh St.  
Devils Lake, ND 58301  
701.662.5056 or 800.522.5056

Freedom from Smoking® - American Lung Association  
**Bismarck Burleigh Public Health**  
PO Box 5503  
Bismarck, ND 58502  
701.222.6525

Freedom from Smoking® - American Lung Association  
**LaMoure County Health Department**  
PO Box 692  
LaMoure, ND 58458  
701.883.5356

Freedom from Smoking® - American Lung Association  
**Dickey County Health District**  
PO Box 238  
Ellendale, ND 58436  
701.349.4348

You Can Quit® - American Lung Association Program  
**First District Health Unit**  
Bottineau, ND 58318  
701.852.1376

You Can Quit® - American Lung Association Program  
**First District Health Unit**  
Underwood, ND 58576  
701.852.1376

# Want to QUIT?

We'll help cover the costs.

*If YOU are a smoker or tobacco user  
and WANT to quit,  
THIS program is FOR  
YOU.*

THE North Dakota Public Employees Retirement System recently received a grant to help state employees and their dependents age 18 and older quit smoking or chewing tobacco. The grant will help pay for participating in one of more than 20 approved smoking cessation programs. Most of these programs are available through public health departments across the state of North Dakota. This project is administered by Blue Cross Blue Shield of North Dakota.



**NORTH DAKOTA  
PUBLIC EMPLOYEES  
RETIREMENT SYSTEM  
DAKOTA PLAN**



**BlueCross BlueShield  
of North Dakota**  
An independent licensee of the  
Blue Cross & Blue Shield Association



## Who is eligible?

All current state employees and their dependents age 18 and older who smoke or chew tobacco and want to quit are eligible to participate. County, city and other members of the NDPERS group are not eligible through this project; however, smoking cessation funds may be available at the local level.

## What will be provided?

An initial assessment will determine how ready you are to quit, your smoking or chewing triggers and what type of nicotine replacement therapy, such as patches or gum, and/or prescription medication you may need. If prescription medication is recommended, you will need to visit your doctor.

In addition, individual, group or telephone counseling will be provided. Your program provider will call you on a quarterly basis to monitor your progress the first year after you quit.

## How long do the programs take?

Most of the approved programs are eight weeks.

## What does it cost?

Grant money will reimburse the smoking cessation provider \$200 after you complete the eight-week program. This covers the initial assessment, counseling and follow-up. Grant money will cover 75 percent of the cost of nicotine replacement therapy, such as patches or gum, and prescription medication. Grant money also will cover 75 percent, but no more than \$50, of the cost of an office visit. You can expect to pay up to \$125 if you use the full \$500 medication allowance plus your portion if you make an office visit.

Your program provider may ask you to pay before you participate and reimburse you when you complete the program. They are not reimbursed by the smoking cessation project if you drop out.

## When can I start?

You may start anytime during the following participation periods: January 1 to June 30, 2004; July 1 to December 31, 2004; and January 1 to June 30, 2005. Coverage will be discontinued when the grant money is spent, so it is in your best interest to start as soon as possible.

## What if I don't succeed the first time?

You are eligible to start the program once during each six-month period. If you start your program on June 30, for example, and resume smoking after a few months, you still are eligible to participate in the second and third six-month periods.

## How do I enroll?

The programs listed in this brochure have been invited to participate. Contact the program nearest you to find out whether they are enrolling clients through this program.

## Who do I contact if I have other questions?

Contact BCBSND at 1-800-223-1704 or (701) 282-1400 if calling from the Fargo area or go to [www.BCBSND.com/health/ndpersquit](http://www.BCBSND.com/health/ndpersquit).

## Program Payment Responsibilities

Description	Grant Payments	Participant Payments	Program Maximums
Counseling	\$200	see below*	\$200*
Medication	75% up to \$375	25% up to \$125	\$500
Physician office visit	75% up to \$50	25% up to \$16.67	\$66.67
Program Maximums	up to \$625	up to \$141.67*	up to \$766.67

\*Program providers may charge additional fees for counseling services. Ask your program provider for details prior to enrolling.

**Program Providers:** The programs listed in this brochure have been invited to participate. Contact the program nearest you to find out whether they are enrolling clients through this program.

Southwest District Health Individual Tobacco Cessation Program <b>Adams County Health Nurse Office</b> 209 Second Ave N <b>Hettinger</b> , ND 58639 701.567.2720 or 800.697.3145	Freedom from Smoking® – American Lung Association <b>West River Regional Medical Center</b> 1000 Hwy 12 <b>Hettinger</b> , ND 58639 701.567.4561
Freedom from Smoking® – American Lung Association-Barnes County <b>City-County Health and Home Care office</b> 230 Fourth St NW Room 102 <b>Valley City</b> , ND 58072 701.845.8518	You Can Quit; Freedom from Smoking® – American Lung Association <b>Mercy Hospital Family Conference Room</b> 1031 Seventh St. <b>Devils Lake</b> , ND 58301 701.662.5056 or 800.522.5056
Southwest District Health Individual Tobacco Cessation Program <b>Tobacco Prevention &amp; Control Office</b> 2893 Third Ave W Suite 101 <b>Dickinson</b> , ND 58601 701.483.3760 or 800.697.3145	Freedom from Smoking® – American Lung Association <b>St. Alexius Medical Center</b> 900 East Broadway <b>Bismarck</b> , ND 58502 701.530.8558
Break Away from Nicotine (BAN) <b>Fargo Cass Public Health</b> 401 Third Ave N <b>Fargo</b> , ND 58102-4839 701.241.1367 or 701.241.1383	Freedom from Smoking® – American Lung Association <b>Cavalier County Memorial Hospital</b> 909 Second St <b>Langdon</b> , ND 58249 701.256.6179
Freedom from Smoking® – American Lung Association <b>Trenton Indian Service Area – TISA building</b> 331 Fourth Ave E <b>Trenton</b> , ND 58853 701.572.8316	Freedom from Smoking® – American Lung Association <b>Emmons County Public Health</b> 118 E Spruce Ave <b>Linton</b> , ND 58552 701.254.4027
Freedom from Smoking® – American Lung Association <b>Grand Forks Public Health</b> 151 South Fourth St Suite N301 <b>Grand Forks</b> , ND 58201 701.787.8122	Thinking About Quitting Smoking? <b>Nelson-Griggs District Health Unit</b> 116 Main St <b>McVie</b> , ND 58254 701.322.5624
Freedom from Smoking® – American Lung Association <b>Wishek Community Hospital</b> 1007 Fourth Ave S <b>Wishek</b> , ND 58495 701.452.4350	Freedom from Smoking® – American Lung Association <b>Ashley Medical Center</b> 612 Center Ave N <b>Ashley</b> , ND 58413 701.288.3433
Freedom from Smoking® – American Lung Association <b>Mercy Wellness Center</b> 5 Main St <b>Williston</b> , ND 58801 701.572.1848	Freedom from Smoking® – American Lung Association <b>Sakakawea Medical Center</b> 510 Eighth Ave NE <b>Hazen</b> , ND 58545 701.748.2225 or 701.748.3655
Freedom from Smoking® – American Lung Association <b>Morton County Courthouse</b> 210 Second Ave NW <b>Mandan</b> , ND 58554 701.667.3370	Free From Tobacco <b>Pembina County Public Health</b> 301 Dakota St W #2 <b>Cavalier</b> , ND 58220 701.265.4248
You Can Quit; Freedom from Smoking® – American Lung Association <b>Heart of America Medical Center</b> 800 S Main <b>Rugby</b> , ND 58368 701.776.5455 ext. 475	Freedom from Smoking® – American Lung Association <b>Sargent County District Health Unit</b> 355 Main St <b>Forman</b> , ND 58032 701.724.6241 ext. 3
Freedom from Smoking® – American Lung Association <b>Traill District Health Unit, Tobacco Prevention Office</b> 618 Loyal Ave <b>Hillsboro</b> , ND 58045 701.636.4334 or 701.636.4434	Trinity Nicotine Dependence Treatment Program <b>Trinity Hospital – St. Joseph's</b> 407 Third St SE <b>Minot</b> , ND 58701 701.857.5994